

The major 7th chord chain starting on CΔ using the 1 – 3 – 7 position

In this exercise we start on CΔ in the 1 – 3 – 7 position and move in whole steps through all 12 chords before landing on CΔ at the end.

7	3	7	3	7	3	7	3	7	3	7	3	7
B	A	A	G	G	F	(E#)	D#	D#	C#	C#	B	B
3	7	3	7	3	7	3	7	3	7	3	7	3
E	E	D	D	C	C	A#	A#	G#	G#	F#	F#	E
CΔ	FΔ	BbΔ	EbΔ	AbΔ	DbΔ	F#Δ	BΔ	EΔ	AΔ	DΔ	GΔ	CΔ

The major 7th chord chain starting on CΔ using the 1 – 7 – 3 position

By starting in the 1 – 7 – 3 the order is reversed.

3	7	3	7	3	7	3	7	3	7	3	7	3
E	E	D	D	C	C	A#	A#	G#	G#	F#	F#	E
7	3	7	3	7	3	7	3	7	3	7	3	7
B	A	A	G	G	F	(E#)	D#	D#	C#	C#	B	B
CΔ	FΔ	BbΔ	EbΔ	AbΔ	DbΔ	F#Δ	BΔ	EΔ	AΔ	DΔ	GΔ	CΔ

The major 7th chord chain starting on BΔ using the 1 – 3 – 7 position

Starting on BΔ you can repeat the progression starting in the 1 – 3 – 7 position.

7	3	7	3	7	3	7	3	7	3	7	3	7
A#	G#	G#	F#	F#	E	(E#)	E	D	D	C	C	A#
3	7	3	7	3	7	3	7	3	7	3	7	3
D#	D#	C#	C#	B	B	A	A	G	G	F	E#	D#
BΔ	EΔ	AΔ	DΔ	GΔ	CΔ	FΔ	BbΔ	EbΔ	AbΔ	DbΔ	F#Δ	BΔ

The major 7th chord chain starting on B Δ using the 1 – 7 – 3 position

Finally, you can start on B Δ in the 1 – 7 – 3 position to complete the exercise.

3	7	3	7	3	7	3	7	3	7	3	7	3
D#	D#	C#	C#	B	B	A	A	G	G	F	E#	D#
7	3	7	3	7	3	7	3	7	3	7	3	7
A#	G#	G#	F#	F#	E	(E#)	E	D	D	C	C	A#
B Δ	E Δ	A Δ	D Δ	G Δ	C Δ	F Δ	Bb Δ	Eb Δ	Ab Δ	Db Δ	F# Δ	B Δ